

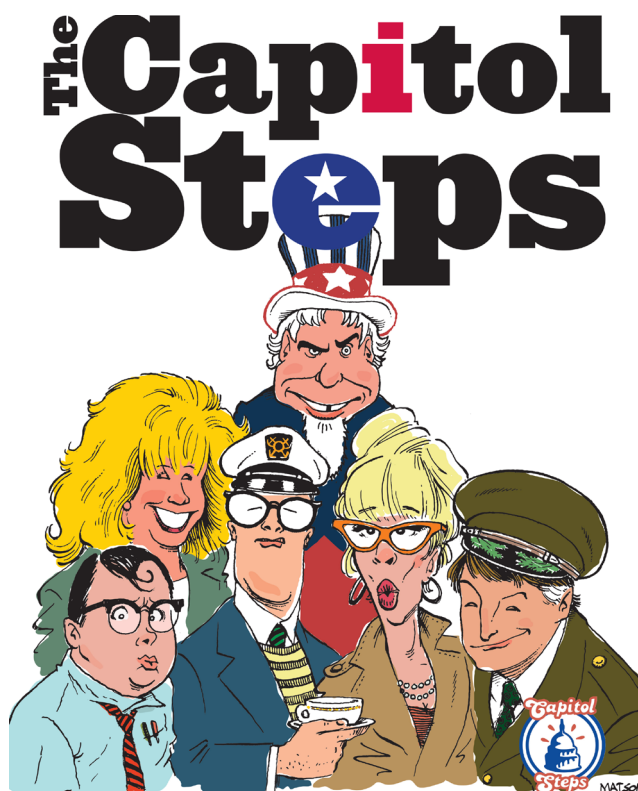
PSRC BENEFIT EVENT

**OCTOBER 25, 2019
7:30 PM**

**Performance at
the Stuart Country Day School
1200 Stuart Road, Princeton, NJ 08540**

All ticket sales benefit PSRC!

**TICKETS AVAILABLE AT
PSRC, online at princetonsenior.org,
and by calling 609.924.7108.**



**MEET THE PRINCETON
TOWN COUNCIL CANDIDATES**
Moderated by Dr. Joan Goldstein

Wednesday, October 2 at 10:30 a.m.
PSRC's Suzanne Patterson Building

Joan Goldstein will moderate a "meet the candidates" panel discussion with Mia Sacks and Michelle Pirone Lambros to learn about their views and perspectives on Princeton's hot topics from the parking meter roll out, to the health of downtown businesses, to taxes, to the environment, and more. Dr. Goldstein, a research sociologist, author, educator, and community activist, has hosted Princeton TV30's *Back Story* with Joan Goldstein for more than 12 years.

PSRC WILL BE CLOSED ON WEDNESDAY,
OCTOBER 9 IN OBSERVANCE OF YOM KIPPUR

SIGN UP TIME!

**IT'S TIME TO
REGISTER FOR OUR
FALL QUARTER AND
OCTOBER CLASSES.**



PSRC'S FALL CONFERENCE IS MOVING TO THE
SPRING. STAY TUNED FOR DETAILS.

SUZANNE PATTERSON BUILDING

45 Stockton Street
Princeton, NJ 08540
(behind Monument Hall)
Phone: 609.924.7108
Monday–Friday
9:00 a.m. to 5:00 p.m.

SPRUCE CIRCLE OFFICE

179 Spruce Circle
(off N. Harrison Street)
Princeton, NJ 08540
Phone: 609.252.2362
Monday–Friday
10:00 a.m. to 4:30 p.m.

info@princetonsenior.org
princetonsenior.org

*PSRC's refund policy may be found
on the website under the "Who We Are/
General Information" tab.*

*A non-profit organization
serving our community*

BOARD OF TRUSTEES

Donald Benjamin
Rob Bratman
John Cannady
Liz Charbonneau
Joan Girgus
Jane Gore
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Lee Harrod
Elaine Jacoby
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Bob Levitt
Josh Lichtblau
Lance Liverman
Joe Maida
Reid Murray
Surinder Sharma
Harpreet Sidhu



FROM THE EXECUTIVE DIRECTOR
The Undeniable Power of Laughter

Early in my career, I had the opportunity to work with and for an exceptional mentor and friend, George Fischer. George and I became lifelong friends and he taught me many important lessons about compassion, commitment, the pursuit of excellence, humility, empathy, and so much more. He is a man of deep integrity and well respected for his work. The thing that I remember and cherish most about my time working with George, however, is that he was almost always laughing.

Don't get me wrong, George's demeanor and personal interactions always matched the situation. People never dismissed George, nor did they think him a fool. Whether visiting in the hospital, leading a contentious meeting, or pitching an idea to a potential donor, George knew how to win people over by being authentic. And he always had a joke — or a pun — or a quip — ready to go. "When people laugh," George would say, "their hearts and minds are open in new ways. The walls come down and trust is built."

The power of laughter and its impact on our health has been well documented. Studies from around the world have shown that laughter can impact our health in several ways, including:

- **Reducing our stress.** Life can be serious. And life can be hard. Laughter has been linked with reduced anxiety and stress—even, and perhaps especially, in the most challenging of situations.
- **Improving learning ability and memory.** Our mind remains sharp when we laugh. Laughter helps to fire synapses in our brain that wouldn't otherwise be active.
- **Improving our mood and self-esteem.** One study followed older adult patients undergoing cancer treatments showing a linkage between laughter and treatment effectiveness.
- **Improving our connections with one another.** Relationships are important. I believe that positive human interaction is key to healthy aging. Have you ever encountered someone who never laughed—who seemed to believe that being negative, critical, or serious was somehow an indication of their importance? I have too. And, unfortunately, they are often isolated and lonely.

Certainly, medical professionals would agree that laughter has a positive overall impact on the aging process. Laughter affects our brains, our muscles, our lungs, our hormones, our immune system, our heart, our circulatory system, and so much more. There has to be something behind the old adage, “Laughter is the best medicine.”

Here at the Princeton Senior Resource Center, we love to laugh! And we care deeply about your health. And so, we are proud to present A Night of Comedy with the Capitol Steps on Friday, October 25th at 7:30 p.m. at the Stuart Country Day School. If you’ve never seen the Capitol Steps—or if you’ve seen them 10 times before—their performance is certain to keep you laughing for weeks. Regular tickets, VIP tickets, and event sponsorships can be purchased by visiting the event page at princetonsenior.org/fall-benefit-capitol-steps/ or by calling our offices at 609.924.7108.

All proceeds from the evening will benefit PSRC—but, more importantly, buying tickets and attending the performance with a group of friends, will help you live longer!

Back to George. He was always laughing, and we spent a lot of time laughing together, but he wasn’t really all that funny. In fact, every time we sat down at a meal together where chicken was served, he would say, “Does this chicken have a fowl taste to it?” and look earnestly to see if anyone caught his wit. Laughing may contribute to healthy aging—but I can’t make any promises about groaning.

All the Best,
Drew A. Dyson, PhD
Executive Director

PREPARE TO LAUGH OUT LOUD

Stuart Country Day School on Friday, October 25 at 7:30 p.m.

The Capitol Steps have elevated political satire to an art form. Before *The Daily Show*, *Full Frontal*, and *The Colbert Report*, this Washington DC-based comedy troupe gave audiences laugh cramps with their bipartisan lampooning. The Capitol Steps began in 1981 as a group of Senate staffers who set out to satirize their employers, and haven’t let up since. If you’ve been keeping up with the news, you know there’s no shortage of material. The troupe is coming back to Princeton with a new show of musical and political comedy. It doesn’t matter if you’re a Republican or Democrat, a snowflake or a deplorable, neither side is safe from the group that puts the “MOCK” in Democracy!



TICKETS ON SALE AT PRINCETONSENIOR.ORG



PSRC STAFF

Drew A. Dyson, PhD
Executive Director

Donna Cosgrove
*Associate Executive Director
& Director of Programs*

Fran Angelone
*Spruce Circle Office Manager
& Crosstown Coordinator*

Cathy Gara
Bookkeeper & HR Coordinator

Cheryl Gomes
Development Associate

Sharon Hurley, CVA
*Director of Social Services
& Volunteer Coordinator*

Alex Leibler
*Program Associate: Technology, Data,
and Digital Storytelling*

Wendy Lodge
GrandPals Coordinator

Nicole Maccarone
*Care Coordinator
& Social Service Outreach*

Abigail Meletti
Evergreen Forum Coordinator

Breana Newton
*Program Associate &
Rental Coordinator*

Barbara Prince
Director of Development

Dave Roussell, MSW
*Care Coordinator
& HomeFriends Coordinator*

Carla Servin
Assistant GrandPals Coordinator

Beth Weiskopf
*Program Associate, Receptionist,
& Administrative Assistant to the
Executive Management Team*

Kathleen Whalen
Director of Communications

OCTOBER PROGRAMS

It's time to register for our fall quarter and October classes.



FIRST FRIDAY FILM — “VICE”

Friday, October 4 at 1:00 p.m.

Christian Bale stars as Dick Cheney in this epic tale of how a bureaucratic Washington insider quietly became the most powerful man in the world. Co-starring Amy Adams, Steve Carell, and Sam Rockwell, it is a darkly comedic look behind the scenes of American politics.

Running time: 2 hours, 12 minutes

Registration required, no fee.



FYI SEMINARS

SPONSORED BY CAPITAL HEALTH

FYI SEMINAR — “REQUIRED MINIMUM DISTRIBUTIONS & CHARITABLE GIVING STRATEGIES”

Monday, October 14 at 1:00 p.m.

This program will give you insight and strategies on how tax laws have changed and how it affects charitable giving. Additionally, the rules on required minimum distributions will be discussed.

C. Greg Crothers & Joseph Tortis are both Certified Financial Planners that teach retirement planning classes at various colleges and community centers throughout the area.

Registration required, no fee.

FYI SEMINAR — “HOW TO AVOID 5 MISTAKES IN MEDICARE”

Monday, October 21 at 1:00 p.m.

Learn the basics of Medicare, when to enroll, the cost of Part B premiums & IRMAAs, differences between Medicare Advantage and Medicare Supplements, how Part D of Medicare works, and how to avoid the top five mistakes people make on Medicare.

Justin Lubenow of Senior Advisors, LLC is a Medicare specialist that focuses on educating Medicare beneficiaries and lobbying to protect benefits for Medicare beneficiaries. Justin is a licensed insurance professional.

Registration required, no fee.

FYI SEMINAR — “UNDERSTANDING HOSPICE”

Monday, October 28 at 1:00 p.m.

In this presentation, Gina Barnett will debunk the common myths about hospice and also discuss how hospice responds to the medical, social, spiritual, and emotional needs of those with life limiting illness and their families.

Ms. Barnett is a Hospice Development Specialist who has worked in the Health Care Industry for over ten years.

Registration required, no fee.



TED TALKS

Every Tuesday at 10:30 a.m.

First we watch a TED Talk, then we discuss it. Discussions are facilitated by Helen Burton. All are welcome. This month's topics:

October 1—Lidia Yuknavitch: The beauty of being a misfit (*recommended by Nayan Trivedi*)

October 8—No TED Talk

October 15—Anita Collins: The benefits of music education

October 22—Michael Murphy: Architecture that's built to heal

October 29—Charlie Todd: The shared experience of absurdity

Sponsors: Artis Senior Living & NightingaleNJ Eldercare Navigators

RETIREMENT PROGRAMS

MEN IN RETIREMENT — “THE LIFE OF ALBERT EINSTEIN”

Friday, October 4 at 2:00 p.m.

Join us for a presentation on Albert Einstein by Eve Mandel, Historical Society of Princeton.

This enlightening talk examines the life of the man whose name has become synonymous with “genius.” Learn how a childhood fascination with a compass played a role in the development of the Nobel prize-winning scientist, how he accepted a job in Princeton to escape Nazi Germany, and how he used his celebrity to advocate for civil rights and advance world peace. All are welcome.

MORE PROGRAMS

Please register for all programs, classes, and events at princetonsenior.org.

HEALTH FAIR & FLU SHOT CLINIC — *Tuesday, October 8, 1:00–4:00 p.m. (flu shots until 6:00 p.m.)*

This event includes a free health fair with a variety of screenings and plenty of helpful information. Appointments for flu shots are recommended. Go to princetonsenior.org to reserve a time slot.

**WOMEN IN RETIREMENT — “GYNECOLOGICAL HEALTH AND WELLNESS IN THE MENOPAUSAL YEARS”
*Friday, October 18 at 10:30 a.m.***

Please join us when our speaker will be Dr. Victoria Petty, who is board certified in obstetrics and gynecology from Capital Health. Her presentation will cover such issues as routine gynecologic care and screening in postmenopausal women and will also include a discussion of several issues and health related concerns for women. All are welcome.

**TRANSITION TO RETIREMENT
*Friday, October 18 at 3:00 p.m.***

This group addresses the many kinds of issues that can arise during the transition to retirement. The group is facilitated by John George, PhD, licensed psychologist, and Dave Roussell, MEd, MSW, LSW, PSRC care coordinator and HomeFriends coordinator.

LIMITED SERIES PROGRAMS

TECHNOLOGY WORKSHOP—“NEW iPad OPERATING SYSTEM”

Friday, October 11 at 10:30 a.m.

This September, the iPad will have its own operating system called iPadOS. This class will provide you with a hands-on review of its new features.

NOTE: 1. You should bring your iPad with the new iPadOS already installed. You can arrive at 9:45 a.m. and we'll help you with the upgrade.
2. This is not a beginner's iPad class—we will assume you know how to work your tablet.
3. You will need your Apple ID and Password. Registration required, no fee. Class limit: 15.

Instructors: Don Benjamin and Evelyn Sasmor

HEALTHCARE DECISION DAY WORKSHOP

Tuesday, October 29 at 1:00–3:00 p.m.

Go beyond completing your advance directives and learn ways to talk to your family/friends about your wishes for end-of-life care. The workshop will review documents and key issues. Copies of *Five Wishes* will be available to take home.

Registration required, no fee.

Facilitated by Dave Roussell, MEd, MSW, LSW, PSRC Care Coordinator and HomeFriends Coordinator

YOUR ENGAGED RETIREMENT: A LECTURE SERIES

PSRC and the Princeton Public Library cosponsor this series of free information lectures on a wide array of retirement issues.

Legal and Estate Planning

Monday, October 28 at 7:00 p.m.

Princeton Public Library, Newsroom

What you need to know about estate and long-term care planning in these turbulent times. Fiona Van Dyck will discuss what legal documents you need to have now to protect yourself and your family.

Fiona has over 20 years of experience practicing law. She dedicates Van Dyck Law to assisting individuals and families in formulating estate plans, protecting the interests of a disabled or elderly family member, and probating the will of a deceased loved one. Fiona is a former member of the Board of Trustees of PSRC.

SCHEDULE:

November 25: Affordable Housing in Princeton

January 27: Tax Updates for the 2019 Filing Season

February 24: Downsizing & Organizing

March 23: Transition to Retirement

April 27: Volunteering in Retirement

OCTOBER PROGRAMS

Register now online at princetonsenior.org. Financial assistance is available if needed.



EXERCISE & FITNESS

SUZANNE PATTERSON BUILDING

AEROBICS

Mondays, Wednesdays, Fridays, 9:15–10:15 a.m.
\$64/residents; \$128/non-residents; 13-week session. Register through Princeton Recreation Department: 609.921.9480.

TABLE TENNIS

Mondays, Wednesdays, Fridays, 12:30–4:30 p.m.
Drop-in; no fee.

MINDFUL CHAIR YOGA & MEDITATION

Tuesdays, 9:30 a.m.–10:30 a.m.
\$72/residents; \$96/non-residents; per quarter (MH-Multi)
Thursdays, 9:00 a.m.–10:00 a.m.
\$72/residents; \$96/non-residents; per quarter (SPB)

GENTLE MAT YOGA

Thursdays, 10:00–11:00 a.m.
\$72/residents; \$96/non-residents; per quarter

SPRUCE CIRCLE

CHAIR EXERCISE

Mondays, 11:30 a.m.–12:30 p.m.
Fridays, noon–1:00 p.m.; \$48 per quarter

EVERY BODY WALK!

Tuesdays and Thursdays, 10:00 a.m. FREE
This program is available from March through November and meets in different outdoor locations. Visit www.progressionpt.com or call Progression PT at 609.454.3536. Co-Sponsored by PSRC and Progression Physical Therapy.



ENRICHMENT

COSMOLOGY

Thursdays at 9:45 a.m.; \$20/annual. Peer-led science discussion. Contact brucewallman@gmail.com for more information.

DISCOVER DRAWING

Mondays at 10:30 a.m.
\$30/residents; \$40/non-residents; per month

FINDING COLOR, TEXTURE, AND LIGHT WITH PAINT

Wednesdays at 11:00 a.m.
Painting with watercolor and acrylics.
\$30/residents; \$40/non-residents; per month

INSPIRATION THROUGH MIXED MEDIA

Thursdays at 1:00 p.m.
\$30/residents; \$40/non-residents; per month

PAINTING AND SELF EXPRESSION — NEW CLASS!

Fridays at 10:30 a.m.
Thought will be given to composition, subject matter, shape, light, movement, and structure. Join master instructor Christina Rang as she encourages you to explore your creative choices and personal expression.
\$30/residents; \$40/non-residents; per month

The following classes are currently full. Call to be added to the waitlist.

- **TRUE STORIES: A MEMOIR WRITING CLASS**
- **WORD PLAY (POETRY) WITH RICE LYONS**
- **WRITING YOUR LIFE WITH BETTY LIES**



GAMES DAY

SCRABBLE, CANASTA, SOCIAL BRIDGE, & OTHER GAMES

Tuesdays, noon–4:00 p.m.; no fee.
Let us know if there's a game you'd like to play!

MAHJONGG

Tuesdays, noon–4:00 p.m.; no fee; BYO set.



TECHNOLOGY ASSISTANCE

TECHNOLOGY LAB is open for one-on-one assistance with our experienced and patient volunteers; bring your laptop, phone, or tablet, or use our desktops. No fee. Registration encouraged; go to princetonsenior.org.

- *Tuesdays 10:00 a.m.–4:00 p.m.*
- *Wednesdays 1:00–4:00 p.m.*
- *Fridays 10:00 a.m.–1:00 p.m.*

ALL CLASSES ARE HELD AT THE SUZANNE PATTERSON BUILDING UNLESS NOTED

COMPUTER GURU

By Don Benjamin

Technology Lab Programs sponsored by: Novi Wealth Partners

Apple Photos

Many of us now use our smartphone cameras for everyday picture-taking, amassing thousands of photos and selfies in the process. This article will help you manage the photos you take on your iPhone and explain how to copy those photos to your MacBook and iPad. (I'll write about Android smart phones, the Windows photos application, and Google Photos next month.)

Apple provides a Photos application for its iPhone, iPad, and MacBook. Even though these devices have vastly different "form factors," Photos works pretty much the same on each one. You can organize your photos into albums, edit your pictures (crop, adjust color, and even remove some blemishes), and add "metadata," such as titles, event name, and so on.

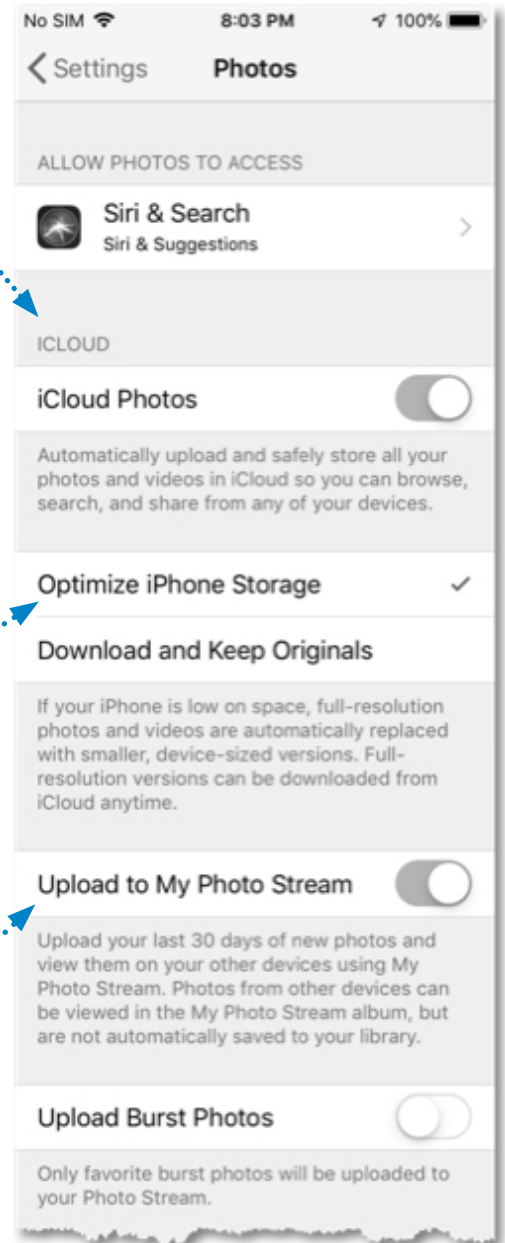
The pictures you take on your iPhone are stored on the phone, but you can opt to upload copies to **Apple's iCloud** server on the internet. This provides a backup of your pictures and lets you share them with others over the internet. But keep in mind that iCloud is a synchronizing service. In other words, if you take a picture on your phone, it will automatically upload to iCloud. But if you delete a picture from your phone, it will also disappear from iCloud. (You can create additional iCloud photo libraries that aren't synchronized with your phone.)

Because a picture is (literally) worth a thousand words, a photo typically uses from two to eight megabytes of storage on your iPhone, depending on your camera settings. But if you use iCloud service, you can **optimize your iPhone photo storage** to keep a less-detailed version to save space. You won't notice the difference because your iPhone screen is small, and the full definition of your picture will be in your iCloud drive. Apple gives you 5 gigabytes of space on iCloud at no charge; you can buy more for a modest monthly fee. (You will probably use iCloud for other data storage, not just photos.)

If you don't want to use iCloud, you can automatically copy your pictures to your MacBook or iPad by turning on the **upload to my photo stream** option on your iPhone, which is free. But Apple only keeps your photo stream pictures for 30 days, so you need to import them into your Photos collection if you want to keep them on your other devices.

Aside from the iPhone, you can import pictures from any digital camera into your Photos albums on your MacBook, either by inserting the camera's memory card into your computer (you may need an adapter) or via your wi-fi network if your camera has that feature.

If you need help managing your photos, stop by the Technology Lab on Tuesdays from 10:00 a.m. to 4:00 p.m., Wednesdays from 1:00 to 4:00 p.m., or Fridays from 10:00 a.m. to 1:00 p.m.



A QUICK GUIDE TO AREA RESOURCES

Access Princeton
609.924.4141

Affordable Housing
609.688.2053

Arm-in-Arm
609.921.2135

Central Jersey Legal Services
609.695.6249

Community Without Walls
609.921.2050

Cornerstone Community Kitchen
609.924.2613

Funeral Consumers Alliance
609.924.3320

Meals on Wheels
609.695.3483

Mercer County Nutrition Program
609.989.6650

Mercer County Office on Aging
609.989.6661 or 877.222.3737

NJ Consumer Affairs
973.504.6200

NJ Division of Aging Services
800.792.8820, ext. 352

One Table Café
609.924.2277

PAAD (Pharmaceutical Aid)
800.792.9745

Princeton Community Housing
609.924.3822

Princeton Housing Authority
609.924.3448

Princeton Human Services
609.688.2055

Princeton Police (non-emergency)
609.921.2100

Princeton Public Library
609.924.9529

Reassurance Contact
609.883.2880

Ride Provide
609.452.5144

Senior Care Services of NJ
609.921.8888

Senior Citizen Club
609.921.0973

Social Security
800.772.1213

SHIP (Medicare)
609.695.6274, ext. 215

T.R.A.D.E. (Transportation)
609.530.1971

SUPPORT & GUIDANCE

Welcome Our New Social Worker Nicole Maccarone



Please welcome our new social worker Nicole Maccarone. Nicole joined the PSRC social services team as Care Coordinator & Social Service Outreach on September 3. Prior to PSRC, Nicole worked for fourteen years with the Family Guidance Center in Trenton, NJ in a variety of roles within that organization. Nicole holds a B.A. in Psychology from Bard University and a M.S.W. from NYU. She also holds licenses in clinical social work (LCSW) and clinical alcohol and drug counseling (LCADC) in the State of NJ.

As you get to know Nicole you will learn that she is a lifelong resident of Mercer County and enjoys spending time with her family and her dog. She has a particular love for cooking, baking, and gardening. Please introduce yourself to Nicole as you see her around the Suzanne Patterson Building and at Spruce Circle.

Nicole's office hours are Monday and Wednesday–Friday from 9:30 a.m.–3:00 p.m. and Tuesday from 9:30 a.m.–2:00 p.m.

12 TIPS TO SUPPORT A CAREGIVER

Providing care for a person with medical issues, memory problems, or aging complications can be both rewarding and stressful for the caregiver. Here are some tips to help make life a bit easier.

1. Offer to keep friends and family informed.
2. Bring the caregiver a meal or have one delivered.

3. Help to organize the home to reduce clutter and avoid accidents.
4. Take the person who needs care on an outing.
5. Offer to pick up laundry and return it clean and folded.
6. Arrange for a specific person to check in regularly either in person or by phone.
7. Encourage the caregiver to keep up with their own health and medical appointments.
8. Help to find benefits, resources and programs to assist.
9. Make calls for the caregiver.
10. Ask more than once if you can help, sometimes caregivers have difficulty accepting help.
11. Find community volunteers, programs and places of worship to provide support.
12. LISTEN! Give the caregiver permission to vent about the issues causing stress.

Please contact Sharon Hurley, CVA for more information at 609.252.2362 or shurley@princetonsenior.org.

TRANSPORTATION

CROSSTOWN

Door-to-door car service within Princeton for people over age 65. Call 609.252.2362 or 609.924.7108 to **register for the program and purchase \$3 vouchers**. Then call Ride Provide at 609.452.5144 to schedule a ride. Free to Penn Medicine Princeton Health (hospital) and medically prescribed rehabilitation at Princeton Fitness and Wellness Center.

DAYTIME FREE-B BUS

A 70-minute loop around town, Monday–Saturday. (No service to PSRC on Saturdays.) **New schedules** and map are available at PSRC, municipal buildings, and on the bus.

GO GO GRANDPARENT

Available 24/7. Helps you schedule on-demand transportation companies like Uber and Lyft. Call 855.464.6872 or go to: gogograndparent.com.

RIDE PROVIDE

Membership door-to-door service in Mercer County. Call 609.452.5144 for more information.

For information about local and regional bus and other transportation options, please visit gmtma.org. (Greater Mercer Transportation Authority)



GROUPS

BEREAVEMENT

Monday, October 21 at 1:00 p.m.
(Usually third Monday of each month)
Call Sherri Goldstein 609.819.1226
to attend. Monument Hall
East Conference Room

CAREGIVERS

Monday, October 14 at 2:15 p.m.
(Usually second Monday of each month)
Location: Monument Hall
East Conference Room

CHILDREN OF AGING PARENTS

Thursday, October 3 at 4:30 p.m.
(Usually second Thursday of each month)
Suzanne Patterson Building

CRAFTY PEOPLE

Fridays, 10:00 a.m.–12:00 noon
Call 609.921.0929, ext. 109 to attend.
Elm Court

GLOBAL CONVERSATIONS

Mondays at Spruce Circle at 1:00 p.m.

GRANDPARENTING

Tuesday, October 15 at 1:00 p.m.
(Third Tuesday of each month)
Suzanne Patterson Building

KNIT WITS

Tuesdays, October 15 & 29 at 1:00 p.m.
Drop in for knitting and conversation.
Spruce Circle

LET'S TALK

Wednesdays at 2:45 p.m. at Spruce Circle

MEN IN RETIREMENT

Friday, October 4 at 2:00 p.m.
(Usually first Friday of each month)
Location: Monument Hall Main

NEXT CHAPTER: WIDOW/-ERS

Tuesdays, October 22 and 29
at 10:45 a.m.
(Usually second and fourth Tuesdays
of each month)
Suzanne Patterson Building

TRANSITION TO RETIREMENT

Friday, October 18 at 3:00 p.m.
(Usually third Friday of each month)
Suzanne Patterson Building

WOMEN IN RETIREMENT

Friday, October 18 at 10:30 a.m.
(Usually third Friday of each month)
Location: Monument Hall Main

THERE ARE NO FEES FOR THESE GROUPS.

FROM THE DEVELOPMENT OFFICE

IRA DISTRIBUTION & GIFTS OF STOCK — Are you thinking of your end of year contributions? It's really not too early to make an impactful gift and benefit your tax position and PSRC. If you are 70 1/2 + years young — and have an IRA you are required to take a "Required Minimum Distribution" from that account each year. If you've not already arranged to take that distribution for 2019 you might want to consider making a **DIRECT GIFT FROM YOUR IRA** to PSRC. This could be a win-win for you and PSRC.

Because IRA assets can be among the most highly taxed, they make very effective donations. The donor will not pay federal income tax on these gifts, unlike other IRA distributions. You can make a charitable donation directly from your qualified minimum IRA distribution. Distributions of this type must be taken any time in the calendar year before December 31.

Benefits of an IRA charitable rollover:

- Satisfy your required minimum distribution (RMD) for the year
- Reduce your taxable income, even if you do not itemize deductions
- Avoid taxes on transfers of up to \$100,000 from your IRA to our organization
- Make a gift that is not subject to the deduction limits on charitable gifts
- Help further the work and mission of PSRC

Please speak with your financial advisor about making any distributions to benefit PSRC.



Did you know you can support PSRC all year long by bringing us your McCaffrey's receipts? They can be up to 3 months old. PSRC receives a percentage of the total receipts.

HIGHLIGHTED SPONSOR OF THE MONTH



capitahealth

At Capital Health, we cover everything from the routine tests and office visits to the most acute and critical conditions.

1.800.637.2374 | capitalhealth.org

Help PSRC by donating your car.

Call 855.500.7433 or 855.500.RIDE or visit:

<https://careasy.org/nonprofit/Princeton-Senior-Resource-Center>
to get started!



OCTOBER 2019

Monday

**Mercer County
Nutrition Program**
Monday through Friday
10:00 a.m. to 1:00 p.m.

Table Tennis
Mon., Wed., Fri.
12:30–4:30 p.m.

Tuesday

1

9:30 Mindful Chair Yoga &
Meditation - MH Multi
10:00 Every Body Walk! - Various
10:30 TED Talk - SPB
12:00 Games Day - SPB
1:00 Technology Lab - SPB

Wednesday

2

9:15 Aerobics - SPB
**10:30 Meet the Candidates -
SPB**
11:00 Finding Color, Light, &
Texture with Paint - SPB
1:30 True Stories - SPB
1:00 Technology Lab - SPB
2:45 Let's Talk - SC

Thursday

3

9:00 Mindful Chair Yoga &
Meditation - SPB
9:45 Cosmology - SPB
10:00 Every Body Walk! - Various
10:00 Gentle Mat Yoga - SPB
1:00 Inspiration Through Mixed
Media - SPB
**4:30 Children of Aging Parents
- SPB**

Friday

4

9:15 Aerobics - SPB
10:00 Crafty People - EC
10:00 Technology Lab - SPB
10:30 Painting and Self
Expression - SPB
12:00 Chair Exercise - SC
1:00 First Friday Film - SPB
**2:00 Men in Retirement -
MH Main**

7

9:15 Aerobics - SPB
10:30 Discover Drawing - SPB
10:30 Writing Your Life -
MH - E Conf
11:30 Chair Exercise - SC
1:00 Global Conversations - SC
2:00 Word Play - SPB

8

9:30 Mindful Chair Yoga &
Meditation - MH Multi
10:00 Every Body Walk! - Various
10:30 TED Talk - SPB
**1:00 Health Fair & Flu Shot
Clinic - SPB**

9

CLOSED FOR YOM KIPPUR

10

9:00 Mindful Chair Yoga &
Meditation - SPB
9:45 Cosmology - SPB
10:00 Every Body Walk! - Various
10:00 Gentle Mat Yoga - SPB
1:00 Inspiration Through Mixed
Media - SPB

11

9:15 Aerobics - SPB
10:00 Crafty People - EC
10:00 Technology Lab - SPB
10:30 Painting and Self
Expression - SPB
10:30 Tech Workshop - SPB
12:00 Chair Exercise - SC

14

9:15 Aerobics - SPB
10:30 Discover Drawing - SPB
10:30 Writing Your Life -
MH - E Conf
11:30 Chair Exercise - SC
1:00 FYI Seminar - SPB
1:00 Global Conversations - SC
2:00 Word Play - SPB
**2:15 Caregivers -
MH East Conf Rm**

15

9:30 Mindful Chair Yoga &
Meditation - MH Multi
10:00 Every Body Walk! - Various
10:30 TED Talk - SPB
12:00 Games Day - SPB
1:00 Grandparents Group - SPB
1:00 Knit Wits - SC
1:00 Technology Lab - SPB

16

9:15 Aerobics - SPB
11:00 Finding Color, Light, &
Texture with Paint - SPB
1:00 Technology Lab - SPB
1:30 True Stories - SPB
2:45 Let's Talk - SC

17

9:00 Mindful Chair Yoga &
Meditation - SPB
9:45 Cosmology - SPB
10:00 Every Body Walk! - Various
10:00 Gentle Mat Yoga - SPB
1:00 Inspiration Through Mixed
Media - SPB

18

9:15 Aerobics - SPB
10:00 Crafty People - EC
10:00 Technology Lab - SPB
10:30 Painting and Self
Expression - SPB
**10:30 Women in Retirement
- MH Main**
12:00 Chair Exercise - SC
**3:00 Transition to Retirement
- SPB**

21

9:15 Aerobics - SPB
10:30 Discover Drawing - SPB
10:30 Writing Your Life -
MH - E Conf
11:30 Chair Exercise - SC
**1:00 Bereavement -
MH East Conf Rm**
1:00 FYI Seminar - SPB
1:00 Global Conversations - SC
2:00 Word Play - SPB

22

9:30 Mindful Chair Yoga &
Meditation - MH Multi
10:00 Every Body Walk! - Various
10:30 TED Talk - SPB
**10:45 Next Chapter Widow/ers
- SPB**
12:00 Games Day - SPB
1:00 Technology Lab - SPB

23

9:15 Aerobics - SPB
11:00 Finding Color, Light, &
Texture with Paint - SPB
1:00 Technology Lab - SPB
1:30 True Stories - SPB
2:45 Let's Talk - SC

24

9:00 Mindful Chair Yoga &
Meditation - SPB
9:45 Cosmology - SPB
10:00 Every Body Walk! - Various
10:00 Gentle Mat Yoga - SPB
1:00 Inspiration Through Mixed
Media - SPB

25

9:15 Aerobics - SPB
10:00 Crafty People - EC
10:00 Technology Lab - SPB
10:30 Painting and Self
Expression - SPB
12:00 Chair Exercise - SC
12:30 Senior Citizen Club - SPB

28

9:15 Aerobics - SPB
10:30 Discover Drawing - SPB
10:30 Writing Your Life -
MH - E Conf
11:30 Chair Exercise - SC
1:00 FYI Seminar - SPB
1:00 Global Conversations - SC
2:00 Word Play - SPB
7:00 Retirement Series - PPL

29

9:30 Mindful Chair Yoga &
Meditation - MH Multi
10:00 Every Body Walk! - Various
10:30 TED Talk - SPB
**10:45 Next Chapter Widow/ers
- SPB**
12:00 Games Day - SPB
**1:00 Healthcare Decision
Workshop - SPB**
1:00 Knit Wits - SC
1:00 Technology Lab - SPB

30

9:15 Aerobics - SPB
11:00 Finding Color, Light, &
Texture with Paint - SPB
1:00 Technology Lab - SPB
1:30 True Stories - SPB
2:45 Let's Talk - SC

31

9:00 Mindful Chair Yoga &
Meditation - SPB
9:45 Cosmology - SPB
10:00 Every Body Walk! - Various
10:00 Gentle Mat Yoga - SPB
1:00 Inspiration Through Mixed
Media - SPB

Locations:

CH - Corner House
EC - Elm Court
MH - Monument Hall
PPL - Princeton Public Library
RC - Redding Circle
SC - Spruce Circle
SPB - Suzanne Patterson
Building
Various — Call Progression PT
for locations: 609.454.3536



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PSRC offers a variety of exercise classes including:

- MINDFUL CHAIR YOGA & MEDITATION
- CHAIR EXERCISE
- GENTLE MAT YOGA
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